



Be... Active, Playful, Creative
**Programs
& Events**

*Father-
Daughter
Dance*

PAGE 32

**ICE
BREAKER
5K RACE**

PAGE 32

WINTER 2015-2016

Recycle After April.



TABLE OF CONTENTS

Aquatics	4-9
Admission & Passes.....	29
Arts & Crafts	26
Camps.....	26
Dance.....	19-20
Drop-In Exercise Classes.....	10-11
Fitness.....	11-15
General Information	30
Gymnastics	17
Kid Care	11
Life Interest	27
Martial Arts.....	16
Open Gym Schedule.....	14
Parks	28
Preschool.....	18
Registration Information	31
Special Events	24-25, 32
Sports.....	23
Staff Directory	29
Tennis Indoor.....	21-22
Wellness	15

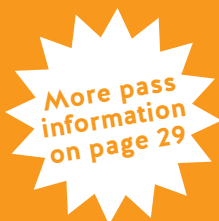
Herndon Community Center Hours

Monday – Friday 6:00am-9:30pm
 Saturday & Sunday 7:00am-6:00pm
 No admittance after 9:30pm. The building closes at 10:00pm.

Closures and Holiday Hours

Christmas Eve, December 24 6:00am-4:00pm
 Closed Christmas, December 25
 New Year's Eve, December 31 6:00am-5:00pm
 Closed New Year's Day, January 1

Daily Admission Rates



	TOH / NR
Adults	\$6.50 / \$7.50
Seniors	\$5.25 / \$6.25
Youth	\$5.25 / \$5.50
Family*	\$18 / \$22.50
*Up to 5 family members, 2 adults maximum	

Parks & Recreation Office Hours

Monday-Friday 8:30am-5:30pm
 December 24 & 31 8:30am-12:00pm
 Office Closed – December 25, January 1 & 18, and February 15

Understanding Our Class Format

TOH - Town of Herndon rate and requires ID with address for every transaction
 NR - Non-Resident rate

NEW!	New this Season
DROP-IN	No Registration Required
NOR	No Online Registration
OR	Ongoing Registration

NUMBER OF CLASSES	LENGTH OF CLASS	DATES NO CLASS HELD		
#, ## minute classes			no class ###/##	
M	5:30-7:30pm	1/3-6/30	\$00 / \$00	500000.00
DAY(S)	START-END TIME	START-END DATE	COST FOR TOH / NR	ACTIVITY NUMBER



Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

How To Register

Choose one of four ways to register. For Mail & In-Person options fill out the registration form on page 31 and find registration information on page 30.

1 ONLINE herndon-va.gov/webtrac



2 IN-PERSON/DROP OFF

Herndon Community Center
 814 Ferndale Avenue
 Herndon, VA 20170

3 MAIL

Herndon Parks and Recreation
 PO Box 427
 Herndon, VA 20172-0427

4 FAX

703-318-8652
 Hearing Impaired Relay
 1-800-828-1120 TDD

97% of people surveyed said the Herndon Community Center and programs are significant to the quality of life in Herndon.

What's New *Be... Active, Playful, Creative*



Canoe Ride with Santa
SATURDAY, December 5, 2:00-6:00pm
Herndon Community Center Page 8



Holiday Arts and Craft Show
SUNDAY, December 6, 10:00am-4:00pm
Herndon Community Center Page 24



A Storybook Holiday
SATURDAY, December 12, 11:00am-1:00pm
Herndon Community Center Page 19 & 24



Children's Performing Arts Show - Rocknoceros
MONDAY, January 18, 11:00-11:45am
Herndon Community Center Page 25



Father Daughter Dance
SATURDAY, February 6, 6:30-9:00pm
Herndon Community Center Page 32



Children's Puppet Show - Jester's Box
MONDAY, February 15, 11:00-11:45am
Herndon Community Center Page 25



Ice Breaker 5k Race
SUNDAY, March 13, 8:00am
Herndon Parkway & Sugarland Trail Page 32

WINTER PASS SALE

Save by the month
15% OFF
a 30-day pass
(does not apply to renewals)

OR

Save by the year
10% OFF
an annual or 6-month pass

Expires 2/19/16

Did You Know...

- » **Preschool Registration starts 2/18** see page 18
- » Now offering more school-age daytime classes in aquatics, tennis, sports, and dance for Homeschool families.
- » Our inclement weather line is 703-435-6866. See page 9 for policy.



»Preschool Aquatics

PLEASE NOTE: Parents should read the Pool & Swimmer Information.

Baby and Me Age 6 months-2 years

Parent and child swim together. The instructor works closely with the parent to help the infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

8, 25 minute classes

M	10:30-10:55am	1/11-2/29	\$67 / \$83	301100.10
W	10:30-10:55am	1/13-3/2	\$67 / \$83	301100.30
Sa	9:30-9:55am	1/9-2/27	\$67 / \$83	301100.60

Toddler and Me Age 18 months-3 years

Parent and child swim together. The instructor works closely with parent and toddler in helping the toddler develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

8, 25 minute classes

M	10:00-10:25am	1/11-2/29	\$67 / \$83	301200.10
W	10:00-10:25am	1/13-3/2	\$67 / \$83	301200.30
Sa	10:00-10:25am	1/9-2/27	\$67 / \$83	301200.60
Sa	10:30-10:55am	1/9-2/27	\$67 / \$83	301200.61

Preschooler and Me Age 3-5

Parent and child swim together. The instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking.

8, 25 minute classes

Sa	9:00-9:25am	1/9-2/27	\$67 / \$83	301300.60
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Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.


8, 25 minute classes

M	9:30-9:55am	1/11-2/29	\$67 / \$83	302100.10
M	3:00-3:25pm	1/11-2/29	\$67 / \$83	302100.13
M/W	6:30-6:55pm	1/11-2/3	\$67 / \$83	302100.11
M/W	6:30-6:55pm	2/8-3/2	\$67 / \$83	302100.12
Tu	10:30-10:55am	1/12-3/1	\$67 / \$83	302100.20
Tu/Th	7:00-7:25pm	1/12-2/4	\$67 / \$83	302100.21
Tu/Th	7:00-7:25pm	2/9-3/3	\$67 / \$83	302100.22
W	1:00-1:25pm	1/13-3/2	\$67 / \$83	302100.31
Th	10:30-10:55am	1/14-3/3	\$67 / \$83	302100.40
Sa	8:30-8:55am	1/9-2/27	\$67 / \$83	302100.60
Sa	9:30-9:55am	1/9-2/27	\$67 / \$83	302100.61
Sa	11:30-11:55am	1/9-2/27	\$67 / \$83	302100.62
Su	10:00-10:25am	1/10-2/28	\$67 / \$83	302100.70

Pool & Swimmer Information

POOL CLOSURES:

- » 6pm on Fridays in December and January when high school swim meets are scheduled
- » Every Tuesday, Wednesday and Thursday from November 9-February 12, 3:45-4:45pm for Herndon HS Swim Team Practice

- »  **We STRONGLY recommend no food to be eaten** one hour or less before participation in any swimming class.
- » **The pool is open only to lap swimmers** age 13 and up and scheduled swim lessons on Saturday and Sunday mornings until noon.
- » **Parents should read class requirements** and descriptions carefully to ensure your child is enrolled into the appropriate level class. If a child is in the incorrect class, he/she will be transferred to an appropriate class or placed on the wait list if no space is available.
- » **For a detailed listing of class requirements** visit Herndon-va.gov/Content/Parks_rec/Aquatics.
- » **Children should be able to perform** all prerequisite skills for a class easily and comfortably.
- » **Swim evaluations** are available at no charge if you are unsure which class is appropriate for your child. Contact the Aquatics Services Manager at 703-435-6800 x2128 to schedule a free evaluation.

Makeup Policy

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

8, 25 minute classes

M	9:00-9:25am	1/11-2/29	\$67 / \$83	302200.10
M	3:30-3:55pm	1/11-2/29	\$67 / \$83	302200.13
M/W	7:00-7:25pm	1/11-2/3	\$67 / \$83	302200.11
M/W	7:00-7:25pm	2/8-3/2	\$67 / \$83	302200.12
Tu	10:00-10:25am	1/12-3/1	\$67 / \$83	302200.20
Tu/Th	6:30-6:55pm	1/12-2/4	\$67 / \$83	302200.21
Tu/Th	6:30-6:55pm	2/9-3/3	\$67 / \$83	302200.22
Tu/Th	7:30-7:55pm	1/12-2/4	\$67 / \$83	302200.23
Tu/Th	7:30-7:55pm	2/9-3/3	\$67 / \$83	302200.24
W	9:00-9:25am	1/13-3/2	\$67 / \$83	302200.30
W	1:30-1:55pm	1/13-3/2	\$67 / \$83	302200.31
Th	10:00-10:25am	1/14-3/3	\$67 / \$83	302200.40
Sa	9:00-9:25am	1/9-2/27	\$67 / \$83	302200.60
Sa	10:00-10:25am	1/9-2/27	\$67 / \$83	302200.61
Su	10:30-10:55am	1/10-2/28	\$67 / \$83	302200.70

Preschooler 3 Age 4-6

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

8, 25 minute classes

M	11:00-11:25am	1/11-2/29	\$67 / \$83	302300.10
M	3:00-3:25pm	1/11-2/29	\$67 / \$83	302300.13
M/W	5:00-5:25pm	1/11-2/3	\$67 / \$83	302300.11
M/W	5:00-5:25pm	2/8-3/2	\$67 / \$83	302300.12
Tu	9:30-9:55am	1/12-3/1	\$67 / \$83	302300.20
Tu/Th	5:30-5:55pm	1/12-2/4	\$67 / \$83	302300.21
Tu/Th	5:30-5:55pm	2/9-3/3	\$67 / \$83	302300.22
W	11:00-11:25am	1/13-3/2	\$67 / \$83	302300.30
W	2:00-2:25pm	1/13-3/2	\$67 / \$83	302300.31
Th	9:30-9:55am	1/14-3/3	\$67 / \$83	302300.40
Sa	10:30-10:55am	1/9-2/27	\$67 / \$83	302300.60
Su	11:00-11:25am	1/10-2/28	\$67 / \$83	302300.70

Preschooler 4 Age 4-6

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

8,25 minute classes

M	3:30-3:55pm	1/11-2/29	\$67 / \$83	302400.10
M/W	5:30-5:55pm	1/11-2/3	\$67 / \$83	302400.11
M/W	5:30-5:55pm	2/8-3/2	\$67 / \$83	302400.12
Tu	9:00-9:25am	1/12-3/1	\$67 / \$83	302400.20
Tu/Th	6:00-6:25pm	1/12-2/4	\$67 / \$83	302400.21
Tu/Th	6:00-6:25pm	2/9-3/3	\$67 / \$83	302400.22
W	2:30-2:55pm	1/13-3/2	\$67 / \$83	302400.31
Th	9:00-9:25am	1/14-3/3	\$67 / \$83	302400.40
Sa	11:00-11:25am	1/9-2/27	\$67 / \$83	302400.60
Su	9:30-9:55am	1/10-2/28	\$67 / \$83	302400.70

**FLOAT NIGHT**

The Viking Ship float will be out the **third Friday of each month** from **6:30pm until closing**, except December and January (high school swim season). Play on the float and bring your own floats and toys. Have fun with the whole family! Check out the Family Admission Pass and save.

» Youth**Swim 1** Age 6-12

Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

8, 30 minute classes

M	4:00-4:30pm	1/11-2/29	\$67 / \$83	303110.13
M/W	6:00-6:30pm	1/11-2/3	\$67 / \$83	303110.11
M/W	6:00-6:30pm	2/8-3/2	\$67 / \$83	303110.12
Tu/Th	5:00-5:30pm	1/12-2/4	\$67 / \$83	303110.21
Tu/Th	5:00-5:30pm	2/9-3/3	\$67 / \$83	303110.22
Sa	11:00-11:30am	1/9-2/27	\$67 / \$83	303110.60
Su	11:30am-12:00pm	1/10-2/28	\$67 / \$83	303110.70

Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

8, 30 minute classes

M	4:30-5:00pm	1/11-2/29	\$67 / \$83	303210.13
M/W	6:30-7:00pm	1/11-2/3	\$67 / \$83	303210.11
M/W	6:30-7:00pm	2/8-3/2	\$67 / \$83	303210.12
Tu/Th	5:30-6:00pm	1/12-2/4	\$67 / \$83	303210.21
Tu/Th	5:30-6:00pm	2/9-3/3	\$67 / \$83	303210.22
Sa	10:30-11:00am	1/9-2/27	\$67 / \$83	303210.60
Su	11:00-11:30am	1/10-2/28	\$67 / \$83	303210.70

Free Swim Evaluations

If you do not know which class is appropriate for your child, please contact the Aquatics Services Manager at 703-435-6800 x2128 to schedule an evaluation at no charge.

Swim 3 Age 6-12

Aquatic skills learned in previous classes are continued. Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

8, 30 minute classes

M	4:00-4:30pm	1/11-2/29	\$67 / \$83	303310.13
M/W	5:30-6:00pm	1/11-2/3	\$67 / \$83	303310.11
M/W	5:30-6:00pm	2/8-3/2	\$67 / \$83	303310.12
Tu/Th	6:30-7:00pm	1/12-2/4	\$67 / \$83	303310.21
Tu/Th	6:30-7:00pm	2/9-3/3	\$67 / \$83	303310.22
Sa	10:00-10:30am	1/9-2/27	\$67 / \$83	303310.60
Su	10:30-11:00am	1/10-2/28	\$67 / \$83	303310.70

Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are introduced.

8, 30 minute classes

M	4:30-5:00pm	1/11-2/29	\$67 / \$83	303410.13
M/W	5:00-5:30pm	1/11-2/3	\$67 / \$83	303410.11
M/W	5:00-5:30pm	2/8-3/2	\$67 / \$83	303410.12
Tu/Th	6:00-6:30pm	1/12-2/4	\$67 / \$83	303410.21
Tu/Th	6:00-6:30pm	2/9-3/3	\$67 / \$83	303410.22
Sa	9:30-10:00am	1/9-2/27	\$67 / \$83	303410.60
Su	10:00-10:30am	1/10-2/28	\$67 / \$83	303410.70

Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

8, 30 minute classes

Tu/Th	5:00-5:30pm	1/12-2/4	\$67 / \$83	303510.20
Tu/Th	5:00-5:30pm	2/9-3/3	\$67 / \$83	303510.21

8, 45 minute classes

Sa	8:45-9:30am	1/9-2/27	\$99 / \$123	303510.60
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»Adapted Aquatics

For children with physical or mental disabilities who want to work on their swimming abilities. Volunteers are needed; training will be provided before the first day of class. Great community service project for high school students! Please call the Aquatics Services Manager at 703-435-6800 x2128 if you have any questions regarding this program. Parents may need to assist in the water if there is a lack of volunteers.

Beginner Age 5-16

Focus is on water adjustment, safety and skills that are tailored to the needs of each participant.

8, 30 minute classes

F	4:00-4:30pm	1/15-3/4	\$67 / \$83	303810.50
F	4:30-5:00pm	1/15-3/14	\$67 / \$83	303810.51

POOL AVAILABILITY:

The pool is open only to lap swimmers age 13 and up and scheduled swim lessons on Saturday and Sunday mornings until noon.



Have you been unable to be placed in a swim class of your choice?

Do you and your friends have free time during weekday afternoons from 12-3pm?

Then it's time to Design a Class!

3 - 5 Swimmers are needed to create a group lesson on the day that fits your schedule.

For more information, contact the Aquatics Services Manager at 703-435-6800 x2128.

Advanced Age 5-16

The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes.

8, 30 minute classes

F	5:00-5:30pm	1/15-3/4	\$67 / \$83	303910.50
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»Adult

Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water is taught. Basic stroke technique is introduced.

8, 45 minute classes

M	10:15-11:00am	1/11-2/29	\$99 / \$123	306130.10
Sa	10:30-11:15am	1/9-2/27	\$99 / \$123	306130.60
Sa	12:00pm-12:45pm	1/9-2/27	\$99 / \$123	306130.62
Su	12:00pm-12:45pm	1/10-2/28	\$99 / \$123	306130.70
Su	10:30-11:15am	1/10-2/28	\$99 / \$123	306130.71

Advanced Beginner Age 16 & up

For students who have passed Adult Beginner or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke and breaststroke. Treading water and introduction to breathing are included in this class.

8, 45 minute classes

M	9:30-10:15am	1/11-2/29	\$99 / \$123	306230.10
Sa	11:15am-12:00pm	1/9-2/27	\$99 / \$123	306230.60
Su	11:15am-12:00pm	1/10-2/28	\$99 / \$123	306230.70

Intermediate Age 16 & up

This class is for anyone who has completed Adult Advanced Beginner or looking for stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving and butterfly are introduced.

8, 45 minute classes

Sa	12:45-1:30pm	1/9-2/27	\$99 / \$123	306330.60
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Diving Guidelines

Introduction to Diving

No previous diving experience necessary, but must be able to:

- » Be comfortable in deep water
- » Swim 25 yards

Diving 1

Successful completion of Introduction to Diving or the ability to:

- » Be comfortable in deep water
- » Swim 25 yards
- » Dive head first from the side of the pool

Diving 2

Instructor permission recommended and successful completion of Diving 1 or the ability to:

- » Swim 25 yards
- » Forward approach of 3 steps, hurdle and tuck dive

Diving 3

Instructor permission and successful completion of Diving 2 or the ability to:

- » Compete on a dive team
- » Swim 25 yards
- » Forward optional dives (flips)
- » Back and inward dives

» Diving

Introduction to Diving Age 5-12

Teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

8, 30 minute classes

Tu	5:15-5:45pm	1/12-3/1	\$67 / \$83	304510.20
Su	4:45-5:15pm	1/10-2/28	\$67 / \$83	304510.70

Diving 1 Age 7-14

Introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

8, 45 minute classes

Tu	5:45-6:30pm	1/12-3/1	\$99 / \$123	304610.20
Su	5:15-6:00pm	1/10-2/28	\$99 / \$123	304610.70

Diving 2/3 Age 7-14

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

8, 60 minute classes

Su	6:00-7:00pm	1/10-2/28	\$131 / \$163	304710.70
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» Aquatic Extras

Youth Developmental Workout Age 5-12

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team. Swimmers have the opportunity to participate in a meet sometime during the season.

- » Age 8 & under must swim 25 yards front crawl without stopping.
- » Age 9-12 must swim 50 yards front crawl without stopping.
- » Age 12-15 must swim 50 yards front crawl and 25 yards back crawl without stopping.

Age 5-8

8, 45 minute classes

Sa	11:00-11:45am	1/9-2/27	\$91 / \$115	304110.60
Su	11:30am-12:15pm	1/10-2/28	\$91 / \$115	304110.70
Su	4:00-4:45pm	1/10-2/28	\$91 / \$115	304110.71
Su	5:30-6:15pm	1/10-2/28	\$91 / \$115	304110.72

Age 8-16

8, 45 minute classes

M	2:15-3:00pm	1/11-2/29	\$91 / \$115	304110.11
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Age 9-12

8, 45 minute classes

Sa	11:45am-12:30pm	1/9-2/27	\$91 / \$115	304110.61
Su	10:45-11:30am	1/10-2/28	\$91 / \$115	304110.73
Su	4:45-5:30pm	1/10-2/28	\$91 / \$115	304110.74
Su	6:15-7:00pm	1/10-2/28	\$91 / \$115	304110.75

Age 12-15

8, 45 minute classes

Su	10:00-10:45am	1/10-2/28	\$91 / \$115	304110.76
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Introduction
to Diving

Masters Swim Team Age 18 & up

Come and get a great workout with other swimmers. Workouts are planned and coached by certified swim coaches. Drop-ins welcome! (\$10 Drop-in fee per practice)

24, 60 minute classes

M/ Tu/Th	8:30-9:30pm	1/11-3/3	\$96 / \$120	306630.10
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OR Water Safety Instructor Age 16 & up

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages, from infants to adults. We will also provide practical teaching experience. All students must be 16 years of age by the last day of class, and complete a Water Safety pre-course test. Students must pick up their materials, and complete the first assignment prior to the first class session. Students must attend all class sessions to pass this course! For more information or to obtain a list of pre-course skills, please call Kerstin T. Severin at 703-435-6800 x2128.

5, 9 hour classes

M-W/ Sa/Su	9:00am-6:00pm	12/19-12/23	\$286 / \$346	207130.60
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OR Lifeguard Training Class Age 15 & up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid and CPR/AED for the Professional Rescuer. Students must be 15 years old by the last day to be eligible to enroll. Participants must also pass a pre-course swimming test to remain in the course. The pre-course test includes: a 300 yard continuous swim of either freestyle and/or breaststroke; swimming 20 yards to retrieve a 10 pound brick from a depth of 12 feet of water and returning 20 yards with the brick while swimming on the back using legs only; and two minutes of treading water with legs only. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course!

5, 8 hour classes

M-W/ Sa/Su	9:00am-5:00pm	12/26-12/30	\$286 / \$346	207230.60
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OR Lifeguard Training Review Class Age 15 & up

For currently certified American Red Cross lifeguards. Candidates must have a copy of their current certification with them the first day of the class and also be prepared to complete the prerequisite swim test. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course!

2, 8 hour classes

Sa/Su	9:00am-5:00pm	1/2-1/3	\$150 / \$150	207230.61
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Canoe Ride with Santa

Saturday, December 5 **\$10**
2-6pm

OR Age 3-17

Enjoy a different experience with Santa. Have a special canoe ride with Santa and let him know what you'd like him to bring you! Wear your bathing suit and enjoy a swim open to you and your family from 2-6pm.

2:00-2:10pm	209350.60
2:20-2:30pm	209350.61
2:40-2:50pm	209350.62
3:00-3:10pm	209350.63
3:20-3:30pm	209350.64
3:40-3:50pm	209350.65

wacky wednesday
12:00-3:00pm

\$5 parent/
child (age 5 & under)

\$2 each additional child

Come join us in the pool for great fun and games for the younger crowd.

The training pool will be available for kids (must be with an adult in the water) and filled with our wacky water toys. Programming may occur during this time using the same areas of the pool.

NEW!

Homeschool Swim Team

Are you looking for a swim team which meets during school hours?

The HCC is forming a homeschool swim team for the 2015-2016 season. Contact Kerstin Severin at 703-435-6800 x2128 or email kerstin.severin@herndon-va.gov for more information.

» Aquatic Fitness

Power Splash Age 16 & up

Fun and energetic class that uses a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total-body workout, incorporating circuits and intervals while using buoys, noodles and plyometrics. Participants must be comfortable in deep water.

8, 60 minute classes

F	8:00-9:00am	1/15-3/4	\$70 / \$86	308230.50
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Therapeutic Water Workout Age 16 & up

Low-intensity water exercise program designed for those with chronic illnesses: arthritis, painful joints and general weakness. The class focuses on increasing range of motion, mobility and strengthening. Rubber-soled shoes are recommended.

16, 60 minute classes

Tu/Th	10:00-11:00am	1/12-3/3	\$134 / \$166	308330.20
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Senior Water Aerobics Age 16 & up

Exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved. Rubber-soled water shoes are strongly recommended.

8, 60 minute classes

F	9:00-10:00am	1/15-3/4	\$70 / \$86	308440.50
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16, 60 minute classes

M/W	9:00-10:00am	1/11-3/2	\$134 / \$166	308440.10
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Water Aerobics Age 16 & up

The total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled shoes are strongly recommended.

16, 60 minute classes

Tu/Th	9:30-10:30am	1/12-3/3	\$134 / \$166	308530.20
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Water Walking Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12 foot area.

16, 60 minute classes

M/W	8:00-9:00am	1/11-3/2	\$134 / \$166	308630.10
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Deep Water 1 Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

8, 60 minute classes

Sa	8:00-9:00am	1/9-2/27	\$70 / \$86	308730.60
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16, 60 minute classes

M/W	6:30-7:30pm	1/11-3/2	\$134 / \$166	308730.10
Tu/Th	8:30-9:30am	1/12-3/3	\$134 / \$166	308730.20

Deep Water 2 Age 16 & up

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

16, 60 minute classes

M/W	7:30-8:30pm	1/11-3/2	\$134 / \$166	308830.10
Tu/Th	7:30-8:30am	1/12-3/3	\$134 / \$166	308830.20
Tu/Th	6:30-7:30pm	1/12-3/3	\$134 / \$166	308830.21

Inclement Weather Policy

Please call the Parks and Recreation Inclement Weather Line for program/class cancellations at 703-435-6866. All classes and programs starting before 3:00pm are cancelled when Fairfax County schools close for the day due to inclement weather. For classes starting at 3:00pm or later, a decision will be made by 1:00pm that day. When Fairfax County schools have a delayed opening, classes will be held as scheduled. On weekends, or if you have questions about classes being held, call the weather line.

Mission Statement

“Promoting a sense of community and enriching the quality of life.”

The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.



WINTER 2016 DROP-IN EXERCISE CLASS SCHEDULE

MON.	Body Tone 6:00-7:00am <i>Katie</i>	Body Blaster 9:10-10:10am <i>Katie</i>		 5:30-6:30pm <i>Mary Jo</i>	 6:40-7:40pm <i>Mary Jo</i>	 6:45-7:45pm <i>Laura</i>			
TUE.	 6:00-7:00am <i>Carol</i>	Cardio-Sculpt Interval 9:30-10:30am <i>Katie</i>	Strength & Sculpt 11:00am-12:00pm <i>Jenny</i>	Ab Express 12:15-12:45pm <i>Jenny</i>	 5:30-6:30pm <i>Laura</i>	 6:40-7:40pm <i>Colette</i>	 7:50-8:50pm <i>Kristin</i>		
WED.		Body Blaster 9:10-10:10am <i>Katie</i>	Pure Cardio 10:15-11:00am <i>Katie</i>		 5:00-6:00pm <i>Mary Jo</i>	 6:00-7:00pm <i>Stephanie</i>	 7:10-8:10pm <i>Molly</i>		
THR.	 6:00-7:00am <i>Carol</i>	Cardio-Sculpt Interval 9:30-10:30am <i>Katie</i>	Strength & Sculpt 11:00am-12:00pm <i>Jenny</i>	Ab Express 12:15-12:45pm <i>Jenny</i>	 5:30-6:30pm <i>Stephanie</i>	 6:40-7:40pm <i>Colette</i>	» Instructors listed available at time of distribution may change during the season.		
FRI.	Fit Mix 9:10-10:10am <i>Katie</i>	Fit Moms 9:15-10:15am <i>Chrysta</i>		 12:00-1:00pm <i>Stephanie</i>	 5:30-6:30pm <i>Lauren</i>	» Drop-In classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates. See page 29 for details on becoming a pass holder.			
SAT.	Cardio Blast 7:50-8:50am <i>Kaleen</i>	 10:15-11:15am <i>Colette</i>	 11:30am-12:30pm <i>Stephanie/Dana/Veronica</i>	» Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300. » Some classes may reach capacity or have limited specialty equipment available. » Please consult your doctor prior to starting any exercise program. » Drop-In Exercise classes are designed for age 16 & up. » Please do not enter a class if arriving more than ten minutes past the scheduled start time.					
SUN.	Total Body Energizer 8:55-9:55am <i>Kirstie</i>	<i>Look for our holiday schedule December 21-31.</i>							
Schedule Effective from Saturday, January 2-Friday, March 6.									

» DROP-IN Exercise Classes

Ab Express

Ab Express is a half-hour intense core workout. You'll work your entire core and learn new exercises to help sculpt your body! This class is a great way to fit a quick but challenging workout into your busy day and is appropriate for all fitness levels. **Tu/Th 12:15-12:45pm**

Body Blaster Circuit

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body. **M/W 9:10-10:10am**

Body Tone

Start your day right by joining this early bird workout to improve your shape, tone and overall body fitness. This class utilizes a variety of equipment and techniques to tone your body, increase muscle strength and flexibility, and develop better coordination and posture using functional movements. **M 6:00-7:00am**

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics, combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone and define your muscles. Put on your cross-training shoes and come have a blast! **Sa 7:50-8:50am**



BODYPUMP™ is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP™ gives you a total body workout that burns lots of calories. The rep effect - a scientifically-proven Les Mills formula - is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a BODYPUMP™ class will help you achieve much more than you would be able to on your own!

M	6:40-7:40pm
Tu	6:40-7:40pm
W	6:00-7:00pm
Th	6:40-7:40pm
F	12:00-1:00pm
Sa	10:15-11:15am

Cardio/Sculpt Interval (CSI)

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

Tu/Th 9:30-10:30am

Fit-Mix

Try a fresh, new blend of core strengthening, flexibility, and stretching. This low-impact class uses a variety of exercising techniques drawing from all areas of fitness. Slowly flowing from one exercise to the next and ending with an extended cool-down. It's a perfect recipe for a healthy body and mind.

F 9:10-10:10am

Fit Moms

Get in shape, exercise with friends and burn calories with your tots in tow. For any mom who wants to get back into shape at any point in her life. Come pregnant, come alone or bring your children, age 4 weeks-5 years, and achieve your fitness goals in a fun family atmosphere. Class combines aerobics, strength training, core, yoga, kickboxing, dance and more! There are modifications for beginners and pregnant participants. At the end of class, children are invited to the floor for core work and stretching with Mom. No special stroller required as long as your child can sit in it for the cardio portion of class. F 9:15-10:15am

Pure Cardio

An intermediate level class with fast-paced and challenging cardio drills. The goal? To burn calories and get your heart pumping! Combining high- and low-impact drills and exercises- with and without hand weights- you will drive your cardio fitness to new and greater levels. *Participants can expect a regular dose of jumping, plyometrics and quick transitions from standing exercises down to the floor with each class. W 10:15-11:00am

Kid Care

Take advantage of the free drop-off babysitting service run by our friendly staff.

MORNING:


M/W 9-11:30am
Tu/Th 9am-12pm

EVENING:

M/Tu 5:30-8:15pm
W/Th 5-8pm
F 5:15-7pm

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

Note: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.



A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

MON.	5:30-6:30pm, 6:45-7:45pm
TUE.	6:00-7:00am, 5:30-6:30pm, 7:50-8:50pm
WED.	5:00-6:00pm, 7:10-8:10pm
THR.	6:00-7:00am, 5:30-6:30pm
FRI.	5:30-6:30pm
SAT.	11:30am-12:30pm

Strength and Sculpt

Get a highly efficient, full-body workout using free weights, tubes and balls to strengthen and sculpt all muscle groups. This class accommodates beginners to advanced fitness levels. Tu/Th 11:00am-12:00pm

Total Body Energizer

Get a fun total-body workout with emphasis on combination and functional movements. You will work all major muscle groups from head to toe using weights, bars, balls and bands. Appropriate for those looking for a challenging workout! Su 8:55-9:55am

» Small Group Fitness Classes

Fit Boxing Age 18 & up

Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to be in the best shape of your life.

8, 60 minute classes

Th	8:30-9:30pm	1/7-2/25	\$60 / \$80	320330.40
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Tough Enough Age 16 & up

Tough Enough is for those looking for an extra workout challenge. Take your fitness to a whole new level with this focused and fun program! You'll have to work hard, but the result you'll achieve will be worth it.

8, 60 minute classes

Th	5:30-6:30pm	1/7-2/25	\$60 / \$80	321430.40
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Small Group Training for Teachers Age 16 & up

Teachers! Get the benefit of working out with a personal trainer at a fraction of the cost. Small Group Personal Training for Teachers is not only a great value, but is conveniently scheduled after school.

6, 60 minute classes

no class 1/18, 2/15

M	4:15-5:15pm	1/4-2/22	\$45 / \$60	322530.11
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High Intensity Interval Training (HIIT) Age 16 & up
Get more out of your workout in less time. According to the newest fitness research, High Intensity Interval Training (HIIT) burns more calories, increases fat loss and improves cardiovascular fitness in a shorter amount of time by utilizing short intervals of maximum effort exercises with longer intervals of lower intensity exercise. Due to the rigorous nature of the workout, this class is recommended for individuals who can exercise at 70-80% of their maximum for at least 20 minutes.

8, 30 minute classes

Tu	7:00-7:30pm	1/5-2/23	\$48 / \$60	322630.20
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TRX Suspension Training Age 16 & up
In only 30 minutes, blast through a heart pumping workout that leaves no muscle unchallenged. TRX Suspension Training provides a full body workout like you've never experienced before. These straps fire up the core and work muscles you didn't even know you had. Warm-up 15 minutes prior to class.

8, 30 minute classes

Tu	6:30-7:00pm	1/5-2/23	\$52 / \$68	322430.22
F	12:30-1:00pm	1/8-2/26	\$52 / \$68	322430.50

Cyclist Cross-training All ages

Cycling enthusiasts - be a stronger, more efficient, and more durable rider. Join our dynamic cross-training program to improve your strength, flexibility and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, sport-specific resistance training and stretching. This type of training off the bike will lead you to perform better on the road.

8, 60 minute classes

Tu	5:30-6:30pm	1/5-2/23	\$60 / \$80	322850.20
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Tennis Fitness Training All ages

Are you working on your tennis game? Don't forget the most important aspect - the condition of your body! This class will help you develop the strength, agility, speed, and endurance needed to complement your technical skills on the court. Cover more of the court and get to balls you might not otherwise; add speed and power to your serve; recover your position more quickly to keep volleys alive. Best of all, you'll be able to stay healthy and stay out on the court!

6, 60 minute classes no class 1/18, 2/15

M	2:30-3:30pm	1/4-2/22	\$45 / \$60	322950.10
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Balance Training Age 45 & up

Balance is the key to fall prevention, performing our "activities of daily living" well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and practicing balance specific exercises. Not eligible for senior discount.

8, 45 minute classes

Tu	9:30-10:15am	1/5-2/23	\$40 / \$52	321730.20
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Turn Back the Clock Age 45 & up

With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout. Not eligible for senior discount.

6, 45 minute classes

no class 1/18, 2/15

M	8:30-9:15am	1/4-2/22	\$30 / \$39	321830.10
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8, 45 minute classes

W	8:30-9:15am	1/6-2/24	\$40 / \$52	321830.31
W	9:30-10:15am	1/6-2/24	\$40 / \$52	321830.30



Small Group Training PUNCH PASS

Enjoy the benefits of small group personal training combined with the flexibility of a drop-in pass.

Each class will follow a similar format, so you know what to expect and will get a great workout, no matter which days and times you choose to attend! The Small Group Training Punch Pass is available in either a once or twice-per week card. Classes will include foam rolling, dynamic warm-up, cardio circuits, strength training, core conditioning and stretch. Punch Pass classes include:

MON. ★ 12:00-1:00PM

★ 6:30-7:30PM

TUE. ★ 12:00-1:00PM

★ 7:30-8:30PM

WED. ★ 6:15-7:15AM

★ 12:00-1:00PM

★ 6:30-7:30PM

THR. ★ 12:00-1:00PM

★ 6:30-7:30PM

FRI. ★ 6:15-7:15AM

1x Week 8, 60 minute classes \$60/\$80 321330.10

2x Week 16, 60 minute classes \$120/\$160 321330.20

PASS VALID 1/4/16-2/26/16 PASS EXPIRES 2/26/16

» Personal Training

Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you and support you - so that you may reach your desired fitness goals!



Jane



Karen



Liz



Tais



Stephen

Personal Training Starter Pack*

*New training clients only

30 minute sessions

3 workouts \$90 / \$120

One-on-One Personal Training

30 minute sessions

1 workout \$33 / \$41
6 workouts \$164 / \$205
10 workouts \$222 / \$278

45 minute sessions

1 workout \$43 / \$54
6 workouts \$215 / \$269
10 workouts \$317 / \$397

Two-on-One Partner Training (Rates are per person)

45 minute sessions

1 workout \$27 / \$34
6 workouts \$150 / \$186
10 workouts \$230 / \$290

Teen Personal Training:

Intro to Strength Training Age 12-15

Personal Training designed with adolescents in mind. Teens will work one-on-one with a personal trainer to learn strength training techniques, the "how and why" of exercise intensity, frequency and duration. They will also learn how to best progress their workouts for optimal results. Students will be given a Youth Fitness ID which will allow them to practice in the fitness room outside of their personal training sessions (in accordance with standard fitness room policies and admission rates).

45 minute sessions

6 workouts \$172 / \$230

Please contact the Head Fitness Trainer to schedule. 703-435-6800 x2131.

The Big Downsize

Are you extremely overweight and self-conscious about coming to the gym?

The Big Downsize is a fun and encouraging class designed especially for men and women who have more than 50 pounds to lose. Special consideration is given to the unique mental and physical challenges of being extremely overweight. This class addresses both social and physical barriers to working out - such as exercising in public and getting up and down off the floor. The class meets in an exclusively-reserved training studio and promotes good health habits in a low-key, educational, non-judgmental environment. Age 16 & up.

6, 60 minute classes

M	7:30-8:30pm	1/4-2/22	\$45 / \$60	320230.10
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no class 1/18, 2/15



8, 60 minute classes

W	7:30-8:30pm	1/6-2/24	\$60 / \$80	320230.30
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Strength Circuit Age 45 & up

Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome. Modifications will be made for individuals with physical restrictions. Not eligible for senior discount.



8, 45 minute classes

Tu	9:30-10:15am	1/5-2/23	\$40 / \$52	321940.20
Th	9:30-10:15am	1/7-2/25	\$40 / \$52	321940.40

Fitness Room Orientation

Get to know the Fitness Room better! Our Fitness staff will teach you the proper use of our cardio machines, free weights, Cybex circuit and other fitness equipment. Our goal is to help you become familiar with and comfortable in the Fitness Room. FREE service available to new pass holders only. Contact the Head Trainer at 703-435-6800 x2131 to schedule an appointment (subject to availability).

Winter 2016 Open Gym Schedule

Su	M	Tu	W	Th	F	Sa
	11:30am-2:30pm	11:30am-2:30pm	11:30am-2:30pm		11:30am-2:30pm	8:00-11:00am
	2:45-5:15pm	2:45-5:15pm	2:45-4:45pm	2:45-5:15pm	2:45-5:15pm	
	8:00-10:00pm	7:30-10:00pm		8:00-10:00pm	7:30-10:00pm	
Friday evening open gym may be canceled for special events. Youth = 17 & under This schedule is subject to change - check monthly schedule.						

■ Adult Open Gym
 ■ Adult Basketball
 ■ Adult Volleyball
■ Adult Badminton
 ■ Teen Open Gym



BOOT CAMP FOR WOMEN & MEN

Dedication, Determination, Motivation and Fun

Class is designed for all levels of ability.

Classes held outdoors at the Herndon Community Center/Bready Park.

Sometimes classes are held indoors in the event of inclement weather.

Other locations: Check our updated listing on www.FIResults.com
 or call **1-877-62SHAPE (877-627-4273)**
 for more information. Guaranteed Results!



Corporate Memberships

Keep employees healthy and productivity high! Businesses can supplement their benefits through our corporate membership program. Here are a few of the affordable admission options available:

1. We track the number of employee visits per month, and you pay for those visits at the end of the month. You'll receive a discount depending on the number of visits per month.
2. You pay an annual fee based on the size of the company and a monthly fee per participating employee. Or the organization may pay the annual fee and employees can then pay their own monthly fees.
3. You buy one-day admissions or a variety of multiple-day passes to give to employees as incentives or rewards for a job well done.

Contact Ron Tillman, Community Center Manager
at 703-435-6800 x2116 for more details.

HOOP DANCE

Age 13 & up

Using the hoop on the waist, legs, arms, hands, hips and more burns between 400-600 calories an hour and provides a great full-body workout while encouraging creative movement and expression. Provide your own adult-sized hoop or borrow/purchase one from the instructor.

8, 60 minute classes

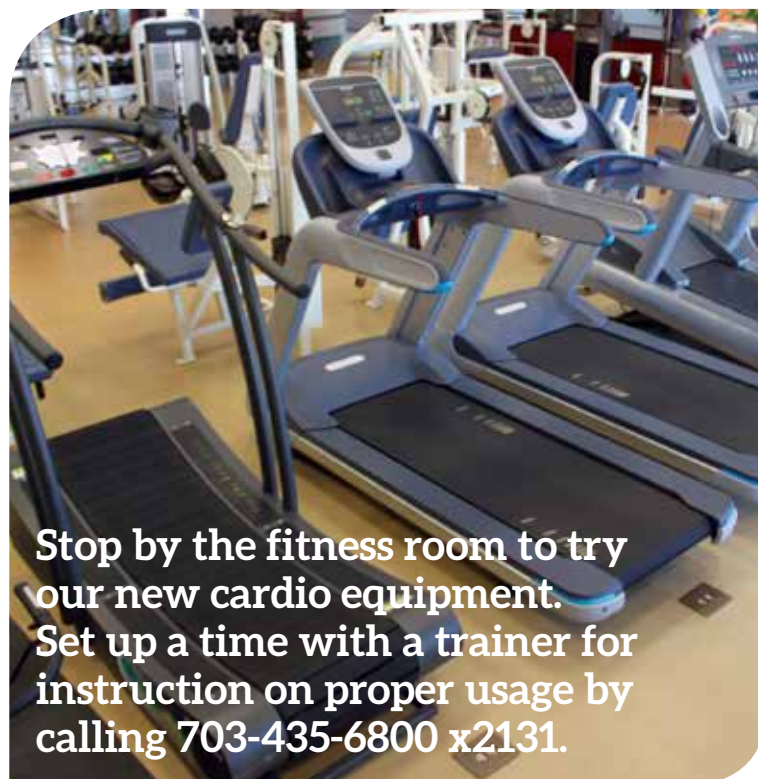
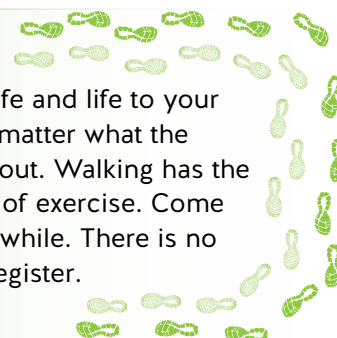
no class 2/13

Th	6:45-7:45pm	1/07-2/25	\$52/\$67	369930.40
Su	11:00am-12:00pm	1/10-2/28	\$52/\$67	369930.70

Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

Monday-Friday | 6-7:15am



Stop by the fitness room to try
 our new cardio equipment.
 Set up a time with a trainer for
 instruction on proper usage by
 calling 703-435-6800 x2131.

» Wellness

Gentle Yoga For Seniors Age 55 & up

Gentle Yoga is a functional fitness-based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

8, 60 minute classes

M	2:30-3:30pm	1/11-2/29	\$64 / \$85	330040.10
W	2:30-3:30pm	1/6-2/24	\$64 / \$85	330040.30

Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that uses exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

8, 90 minute classes

no class 2/9

M	7:00-8:30pm	1/11-2/29	\$96 / \$128	330130.10
Th	7:00-8:30pm	1/7-2/25	\$96 / \$128	330130.40

Vinyasa Yoga Age 16 & up

This vinyasa-style yoga class is designed for those looking to learn, or return to, the foundations of yoga postures (asanas), alignment, breathing, and technique. Classes build heat, endurance, flexibility, and strength in a supportive environment, encouraging the link between mindful body movement and the breath. Appropriate for beginners as well as those with an ongoing practice. No yoga experience necessary.

8, 75 minute classes

W	12:00-1:15pm	1/6-2/24	\$83 / \$110	330131.10
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Hatha Yoga For Beginners Age 16 & up

Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper techniques are emphasized to reduce risk of injury.

8, 90 minute classes

Su	1:00-2:30pm	1/10-2/28	\$96 / \$128	330330.00
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NEW!

Hatha Yoga For Kids Age 5-15

This children's class is fun and develops concentration, strength, confidence, and self-control! Yoga teaches children about their bodies and how to honor their uniqueness. Age-appropriate yoga postures, movements, and relaxation techniques help to create supple, strong bodies that can adapt to the dynamics of life. Additionally, Hatha Yoga for Kids stresses concentration and self-esteem.

8, 45 minute classes

Su	2:45-3:30pm	1/10-2/28	\$56 / \$75	330430.00
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Meditation Age 16 & up

Have you ever wanted to try meditation? Take a relaxing break from your chaotic morning, and join our beginning class. No experience necessary. Beth Renne is an Integrative Nurse Practitioner and Mind Body Specialist with many

years of experience in the health care field. She uses meditation and related techniques to help her clients manage their stressful lives. Senior discount does not apply.

8, 60 minute classes

F	11:30am-12:30pm	1/8-2/26	\$64 / \$85	331030.50
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Pilates Age 16 & up

Pilates is an innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

8, 60 minute classes

W	10:30-11:30am	1/6-2/24	\$64 / \$85	331130.30
Sa	9:00-10:00am	1/9-2/27	\$64 / \$85	331130.60

Toning Barre Age 16 & up

Toning Barre is an energetic and fun workout that fuses techniques from dance, pilates, and yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements various Barre methods which are the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

8, 60 minute classes

M	8:15-9:15pm	1/11-2/29	\$72 / \$96	331131.10
W	8:15-9:15pm	1/6-2/24	\$72 / \$96	331131.30

Tai Chi & Qi-Gong Age 16 & up

Come learn the principles of the Yang-24 movement of Tai-Chi. "Chi" is known as life force energy and the cultivation of this chi can help one stay healthy in mind, body and spirit. Each week participants will learn about the 8 pieces of Brocade (BaDuanJin) which is a popular form of Chinese medical Qi-gong. These breathing exercises will warm-up the body for the tai-chi practice. During the tai-chi segment of the class, participants will learn how to breathe deep into the core and to release tension and stress. This class is wonderful for people who are looking to increase their individual balance, flexibility and strength. Senior discount does not apply.

8, 60 minute classes

F	10:15-11:15am	1/8-2/26	\$108 / \$144	331330.50
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Yoga for Stress Age 16 & up

This restorative yoga class will introduce participants to the healing components of a yoga practice. We each have everyday stressors that constantly wear us down mentally, physically and spiritually. You will learn breathing techniques, meditation and bodywork that will help you to become more knowledgeable about where and how you hold stress in your body. Come and learn how to relax into the awareness of the present moment and to let go of the judging thoughts which affect your body and your emotions. Senior discount does not apply.

8, 60 minute classes

F	9:00-10:00am	1/8-2/26	\$108 / \$144	331331.50
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Three Key Positions Filled

THE HERNDON PARKS AND RECREATION DEPARTMENT IS PLEASED TO ANNOUNCE THREE NEW STAFF CHANGES.

Cynthia Hoftiezer, a member of the Parks & Recreation Department's leadership team since 1996, has been named the department's deputy director. She replaces Ann Marie Heiser. Cynthia was serving as the recreation project coordinator, responsible for managing the department's budget and accreditation processes as well as special projects such as departmental strategic planning and renovation of the Herndon Community Center. Previously, as the department's manager of recreation services, she had oversight of community events, sports leagues, performing arts programs and recreational classes. She holds a bachelor's degree in Communications from Stephens College and a master's degree in Public Park and Recreation Administration from Indiana University.

Cynthia believes that play and leisure time is critical to every person's health and sense of fun, and focuses on providing quality experiences and exceptional customer service. In her spare time, Cynthia is coordinating with her husband to shuttle their two teenage daughters to their activities, enjoys exercising, and training their newest addition to the family, a rescue dog.

Jane Grannis, who has been the Head Fitness Trainer for over 3 years, was promoted to Fitness Services Supervisor. Jane worked closely with Tom Milenkevich who previously held the position. Jane's organization, attention to detail, customer service, and creativity in programming will help to develop our current fitness

and personal training services. Jane has her BA from Connecticut College, is a National Academy of Sports Medicine certified personal trainer, and is currently completing her Masters of Science in Nutrition from George Mason University.

Jane wants everyone to feel comfortable exercising at the HCC. She is working with the fitness staff to offer different programs to meet each person's level of fitness and needs. Outside of work, Jane enjoys time with her husband and 6-year old twin boys, studying, and squeezes in time to exercise.

Tim Lander, our newest recreation supervisor replaced David Zakrzewski. Tim will coordinate our gymnastics, martial arts, sports classes, and many special events. Tim has more than 10 years of experience with adult sports, camps and clinics. Tim attended Old Dominion University, Norfolk, Virginia, where he double majored in Marketing and Sport Management and then earned a masters in sport management from the University of Kentucky.

Tim is eager to implement our current programs and add new ones to meet the needs of the community. Feel free to stop by and let him know of any programs you would like to see. When Tim is not working, you will find him officiating high school basketball and football games, and playing softball.



PRESCHOOL OPEN HOUSE 2016-2017 SCHOOL YEAR

**Thursday,
February 11
6:30-8:30pm**

(inclement weather date February 17)

The Herndon Community Center Preschool is a state-licensed program, which is designed to stimulate your child's mind and development. Professional staff will provide a nurturing

environment for ages 3-5. Registration is on a first-come first-served basis. Children must be potty-trained and use of disposable undergarments is not permitted. Our goal is to foster independence in a school setting. The teacher-child ratio is 3 to 20. The 4-5 year old class emphasis is on the skills needed to enter kindergarten. The classroom schedule includes field trips, outside free-play, music and movement, and beginning yoga.

**AGES 3-4
TU/TH 9:00AM-12:00PM**
(Must be 3 by Sept. 30, 2016)
TOH \$1,350 / NR \$1,685

**AGES 4-5
M/W/F 9:00AM-12:00PM**
(Must be 4 by Sept. 30, 2016)
TOH \$1,550 / NR \$1,950



**Registration Begins
Thursday, February 18
at 2:00pm**
(priority is given to
TOH residents)

A \$75 nonrefundable deposit, and child's proof of age (such as birth certificate or passport) are due at time of registration. Fees are payable on an established payment plan of five installments.

Tae Kwon Do for Little Kids



Tae Kwon Do for Little Kids Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We teach children the basics including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee. Saturday class will be held at Sterner's Academy, 416 Elden Street. All other sessions held at the Herndon Community Center.

8, 30 minute classes

Th	4:45-5:15pm	1/7-2/25	\$72 / \$96	372000.40
F	6:00-6:30pm	1/8-2/26	\$72 / \$96	372000.50
F	6:30-7:00pm	1/8-2/26	\$72 / \$96	372000.51
Sa	1:45-2:15pm	1/2-2/20	\$72 / \$96	372000.60

Intro to Tae Kwon Do Age 7-14

One of the world's most popular martial arts, which has many physical benefits: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

8, 60 minute classes

W	6:00-7:00pm	1/6-2/24	\$48 / \$64	372110.40
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Save by the month

15% OFF

a 30-day pass
(does not apply to renewals)

OR

Save by the year

10% OFF

an annual or 6-month pass

Expires 2/19/16

Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kikon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

8, 60 minutes classes

F	7:05-8:05pm	1/8-2/26	\$36 / \$48	372250.50
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Fencing Age 9 & up

The sport of fencing is suitable to all ages. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

8, 2 hour classes

Su	4:00-6:00pm	1/3-2/21	\$72 / \$96	372750.01
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Kendo Fundamentals Age 13 & up

Kendo, the art of Japanese fencing, strives to bring one's mind, body, and spirit together as one. Introduction to this martial arts practice emphasizes a strong understanding of the practice basics, including etiquette, foot work, and basic strikes. No prior experience necessary. For more information about the program contact tim.lander@herndon-va.gov

8, 60 minute classes

Su	10:00-11:00am	1/3-2/21	\$24 / \$32	372450.01
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Kendo Advanced Age 13 & up

Class is geared towards Kendoka who have completed the introductory class and wish to further pursue the art of Kendo. Kendo Advanced is a more rigorous class teaching techniques for use in shinsa and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

8, 90 minute classes

F	8:15-9:45pm	1/8-2/26	\$36 / \$48	372550.51
Su	11:15am-12:45pm	1/3-2/21	\$36 / \$48	372550.50

Iaido Age 13 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent, is considered a complimentary discipline to Kendo. Due to the emphasis on inward focus, it has been referred to as a moving zen. Gi, Hakama, Bokken or Iaito and approval from the instructor is required to join the class.

8, 60 minute classes

Su	10:00-11:00am	1/3-2/21	\$24 / \$32	372650.01
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Jujitsu Age 13 & up

Jujitsu is an exceptionally effective martial art that is appropriate for a considerable range of applications, uses and abilities. It is a multifaceted art used by the military and law enforcement. It contains elements of nearly every fighting style system yet not overwhelming to a novice. Jujitsu is practical, adaptable and fun.

8, 60 minute classes

W	7:00-8:00pm	1/6-2/24	\$56 / \$74	372950.30
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GYMNASTICS

Be Flexible

Parent Child Gymnastics Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, centered on age appropriate movements, games and equipment. Participation will enhance your toddler's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

8, 45 minute classes

M	9:45-10:30am	1/4-2/22	\$53 / \$70	370000.10
Tu	9:45-10:30am	1/5-2/23	\$53 / \$70	370000.20
Th	9:45-10:30am	1/7-2/25	\$53 / \$70	370000.40
Sa	9:00-9:45am	1/2-2/20	\$53 / \$70	370000.60

Munchkateers 1 Age 3-4

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

8, 45 minute classes

M	10:45-11:30am	1/4-2/22	\$53 / \$70	370100.10
Tu	10:45-11:30am	1/5-2/23	\$53 / \$70	370100.20
Th	10:45-11:30am	1/7-2/25	\$53 / \$70	370100.40
Sa	10:00-10:45am	1/2-2/20	\$53 / \$70	370100.60

Munchkateers 2 Age 4-5

8, 45 minute classes

M	11:45am-12:30pm	1/4-2/22	\$53 / \$70	370200.10
Tu	11:45am-12:30pm	1/5-2/23	\$53 / \$70	370200.20
Th	11:30am-12:15pm	1/7-2/25	\$53 / \$70	370200.40
Sa	11:00-11:45am	1/2-2/20	\$53 / \$70	370200.60

Young Beginner Age 5-7

This program is designed as a transition program to the Level gymnastics program. Class will focus on body positions, skill development and skill recognition. No experience necessary, but must be able to separate from parent, follow group instruction and learn gymnastics terminology.

8, 45 minute classes

M	4:15-5:00pm	1/4-2/22	\$53 / \$70	370310.11
Tu	4:15-5:00pm	1/5-2/23	\$53 / \$70	370310.20
Th	4:15-5:00pm	1/7-2/25	\$53 / \$70	370310.40
Sa	12:00-12:45pm	1/2-2/20	\$53 / \$70	370310.60

Gymnastics Winter Break Camps Age 6-14

Sprinkle gymnastics into your winter break by participating in floor exercises, balance beam, vault, cheerleading, swimming (optional), and active games. Bring a lunch, snack, tennis shoes, swimsuit and towel. Focus will be on gymnastics and cheer but we will play a variety of games and activities each day. Register for more than one class, and save \$5 for each additional day.

1, 6 hour class

M	9:00am-3:00pm	12/21	\$36 / \$36	270920.10
Tu	9:00am-3:00pm	12/22	\$36 / \$36	270920.20
W	9:00am-3:00pm	12/23	\$36 / \$36	270920.30
M	9:00am-3:00pm	12/28	\$36 / \$36	270920.11
Tu	9:00am-3:00pm	12/29	\$36 / \$36	270920.21
W	9:00am-3:00pm	12/30	\$36 / \$36	270920.31

Kiddie Play Zone Age 1-5

Bring your toddler, and enjoy open play, tumbling on the mats and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the entire gym. Drop in fee \$5.

8, 60 minute classes

W	10:30-11:30am	1/6-2/24	\$30 / \$30	369800.30
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»USA Level Gymnastics

The Level program includes instruction in floor exercise, balance beam and vaulting. Participants learn the fundamental progressions and are introduced to basic skills on each event. Advancement is based on obtaining the required skill and correct form.

Level 1 Age 5-12

No experience necessary but must be able to learn gymnastics terminology, and demonstrate walk on high beam, elementary forward roll, elementary back roll, elementary cartwheel, pullover on bars and tripod balance.

8, 45 minute classes

Boys Age 5-8

M	4:15-5:00pm	1/4-2/22	\$53 / \$70	370410.11
Tu	4:15-5:00pm	1/5-2/23	\$53 / \$70	370410.21

8, 90 minute classes

Girls Age 6-12

M	5:00-6:30pm	1/4-2/22	\$79 / \$105	370410.10
Tu	5:00-6:30pm	1/5-2/23	\$79 / \$105	370410.20
Th	5:00-6:30pm	1/7-2/25	\$79 / \$105	370410.40

Level 2 Age 6-13

Successful completion of Level I or the ability to demonstrate one long pull-up on bars, perform one long leg lift on bars, back hip circle on bars, proper handstand on floor, cartwheel on floor, bridge 10 seconds, one split, backward roll on floor, stretch jump on beam and front support mount on beam.

8, 90 minute classes

M	6:30-8:00pm	1/4-2/22	\$79 / \$105	370510.11
Th	6:30-8:00pm	1/7-2/25	\$79 / \$105	370510.41

Level 3 Age 6-13

Successful completion of Level II or the ability to demonstrate 3 long pull-ups on bars, 3 long leg lifts on bars, pullover bars, one arm cartwheel on floor, 2 splits, backward roll to pushup position, handstand forward roll, press hold on floor 10 seconds, tuck jump on beam, cross handstand on beam and dive forward roll on vault.

8, 90 minute classes

Tu	6:30-8:00pm	1/5-2/23	\$79 / \$105	370610.20
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Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with your child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

8, 45 minute classes

M	10:00-10:45am	1/4-2/22	\$55 / \$73	341100.11
W	10:00-10:45am	1/6-2/24	\$55 / \$73	341100.31
Sa	9:30-10:15am	1/9-2/27	\$55 / \$73	341100.61
Sa	4:15-5:00pm	1/9-2/27	\$55 / \$73	341100.62

Story Time Pre-Ballet Age 4-6

Combine pre-ballet, a little imagination and a lot of fun and what do you have? Story Time ballet class! Featuring pre-ballet technique for the first 40 minutes of class, then the last 20 minutes we will exercise your child's imagination by reading a short story, equipping each with a related prop and choosing special music to go with the story. Dance performance held the last day of class for family and friends.

8, 60 minute classes

Tu	11:00am-12:00pm	1/5-2/23	\$55 / \$73	341011.21
Tu	5:00-6:00pm	1/5-2/23	\$55 / \$73	341011.22
Th	11:00am-12:00pm	1/7-2/25	\$55 / \$73	341011.41

Ballet Beginner Age 3-5

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and ready to follow group instruction.

8, 45 minute classes

M	10:45-11:30am	1/4-2/22	\$55 / \$73	341210.11
Tu	10:00-10:45am	1/5-2/23	\$55 / \$73	341210.21
W	11:00-11:45am	1/6-2/24	\$55 / \$73	341210.31
Sa	10:15-11:00am	1/9-2/27	\$55 / \$73	341210.61
Sa	1:30-2:15pm	1/9-2/27	\$55 / \$73	341210.62

Ballet Intermediate Age 3-5

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and ready to follow group instruction.

8, 45 minute classes

M	11:30am-12:15pm	1/4-2/22	\$55 / \$73	341410.11
W	2:00-2:45pm	1/6-2/24	\$55 / \$73	341410.31
Sa	11:00-11:45am	1/9-2/27	\$55 / \$73	341410.61

OR

Storybook Dance Camp Frozen Age 4-6

This three-day mini dance camp will mirror our popular summer camps. The story will be Disney's *Frozen* and the crafts will be wintery with the final dance choreographed to the smash hit, "Let It Go." There will be a dance party for family and friends on the last day of camp. What a fun way to spend the holidays! Bring a packed lunch & snack (nut free) each day. Ballet slippers, leotard and tights required.

3, 5 hour classes

M-W	9:00am-2:00pm	12/21-12/23	\$81 / \$108	280000.11
M-W	9:00am-2:00pm	12/28-12/30	\$81 / \$108	280000.12

Ballet Advanced Age 4-6

For the children who have taken Baby Ballerina, Beginner and Intermediate ballet, this is an advanced ballet class focused on technique. Dance performance held the last day of class for family and friends.

8, 45 minute classes

Sa	11:45am-12:30pm	1/9-2/27	\$55 / \$73	341610.61
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Ballet Technique Age 6-10

You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

8, 60 minute classes

W	1:00-2:00pm	1/6-2/24	\$55 / \$73	341010.31
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Ballet/Tap/Jazz Advanced Age 5-12

This basic tap, jazz and beginning ballet technique class will include more challenging barre exercises, while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills. Two sessions experience needed.

8, 60 minute classes

Age 5-8

Sa	2:15-3:15pm	1/9-2/27	\$55 / \$73	342610.61
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Age 8-12

Sa	3:15-4:15pm	1/9-2/27	\$55 / \$73	342610.62
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Combination Dance Age 3-4

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm, offering the student experience in tap, ballet and tumbling technique.

8, 60 minute classes

M	12:15-1:15pm	1/4-2/22	\$55 / \$73	344210.11
M	1:15-2:15pm	1/4-2/22	\$55 / \$73	344210.12
Th	10:00-11:00am	1/7-2/25	\$55 / \$73	344210.41
Sa	12:30-1:30pm	1/9-2/27	\$55 / \$73	344210.61

Combination Dance Beginner/ Intermediate Age 4-8

8, 60 minute classes

M	4:30-5:30pm	1/4-2/22	\$55/\$73	344210.13
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DANCE

Be Graceful

Hip-Hop Age 4-12

Fun and upbeat style of dance focusing on coordination and strength. Hip Hop is most commonly seen in music videos, and students will learn the newest styles, along with performance skills, energy and stamina. Emphasizes energy and incorporates basic jazz steps with a modern style.

8, 60 minute classes

Age 4-6

Th	4:30-5:30pm	1/7-2/25	\$55 / \$73	345310.41
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Age 6-8

M	5:30-6:30pm	1/4-2/22	\$55 / \$73	345310.11
Th	5:30-6:30pm	1/7-2/25	\$55 / \$73	345310.42

Age 8-12

W	5:00-6:00pm	1/6-2/24	\$55 / \$73	345310.31
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Ballet Technique Adult Age 16 & up

You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

8, 90 minute classes

Tu	6:30-8:00pm	1/5-2/23	\$82 / \$109	341230.21
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Dancercise Age 16 & up

Looking for a low-impact cardio workout? Love to dance but not exactly a dancer? This one's for you! Easy, fun dance steps using a variety of styles to give you a moderate-intensity workout. No experience needed. Jazz shoes recommended.

16, 60 minute classes

Tu/Th	12:00pm-1:00pm	1/5-2/25	\$110 / \$145	344030.21
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Planning a Special Event or Meeting?

The Herndon Community Center can accommodate rental space for a small meeting with just a few people or for a sit-down function for up to 375 people. In addition, rentals can utilize our warming/catering kitchen. Call 703-787-7300 for information, or to arrange a tour of our facilities.

Swing Dance Age 16 & up

Learn to jump, jive and wail by learning the triple and single East Coast swing. No experience needed.

8, 60 minute classes

W	6:00-7:00pm	1/6-2/24	\$55 / \$73	343231.31
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Dance Survival Age 16 & up

Learn easy moves to help you feel more comfortable on the dance floor. You will learn basic dance steps for several styles of dance to include salsa, two-step, tango, polka, rumba, cha-cha, swing and waltz. Class will also cover new party dances like the NaeNae, Chacha Slide and Cupid Shuffle, as well as oldies like the Macarena and the Electric Slide. Next time you go to a wedding or party, you will know just what to do!

8, 60 minute classes

W	7:00-8:00pm	1/6-2/24	\$55 / \$73	341232.31
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HCC Admission Specials

\$2 TUESDAYS

for Seniors 65+ all day

\$5 FRIDAYS

from 12-9:30pm for all ages.

Inclement Weather Policy

Please call the Parks and Recreation Inclement Weather Line for program/class cancellations at 703-435-6866. All classes and programs starting before 3:00pm are cancelled when Fairfax County schools close for the day due to inclement weather. For classes starting at 3:00pm or later, a decision will be made by 1:00pm that day. When Fairfax County schools have a delayed opening, classes will be held as scheduled. On weekends, or if you have questions about classes being held, call the weather line.

Birthday Parties
at the
Herndon Community Center

Celebrating
Made Easy!

**Call to
Schedule
your
Party
TODAY!**

703-787-7300

Land - Pool Party Packages Available

All parties offer 75-minutes of an activity and an hour in the party room.



NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

Ask About Programs

Please call Suzanna Swalboski, Tennis Manager at 703-435-6800 x2110 for information on classes and programs.

All students must provide their own racquet and wear tennis shoes. All youth classes will emphasize tennis fundamentals.

Tennis Bubble Hours and Rates on page 23

» Youth**Pee Wee Age 4-5**

Instructors will use quick-start program supplies, including larger and lighter tennis balls and mini nets in addition to traditional regulation tennis balls and the full court.

8, 30 minute classes no class 1/18, 1/30

M	4:30-5:00pm	1/4-2/29	\$39 / \$48	391200.11
W	4:30-5:00pm	1/6-2/24	\$39 / \$48	391200.31
Th	4:30-5:00pm	1/7-2/25	\$39 / \$48	391200.41
Sa	8:30-9:00am	1/9-3/5	\$39 / \$48	391200.61

Express Session**4, 30 minute classes** no class 3/23, 3/24

W	4:00-4:30pm	3/9-4/6	\$20 / \$24	391200.32
Th	4:00-4:30pm	3/10-4/7	\$20 / \$24	391200.42

Beginner 1.0-1.5 Age 6-8**8, 60 minute classes** no class 1/30

Th	5:00-6:00pm	1/7-2/25	\$78 / \$96	392410.40
Sa	9:00-10:00am	1/9-3/5	\$78 / \$96	392410.60
Sa	10:00-11:00am	1/9-3/5	\$78 / \$96	392410.61
Sa	11:00am-12:00pm	1/9-3/5	\$78 / \$96	392410.62

Express Session**4, 60 minute classes** no class 3/24

Th	9:00-10:00am	3/10-4/7	\$39 / \$48	392410.41
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Advanced Beginner 2.0-2.5 Age 6-8**8, 60 minute classes**

Tu	4:00-5:00pm	1/5-2/23	\$78 / \$96	393110.21
F	5:00-6:00pm	1/8-3/4	\$78 / \$96	393110.51
Sa	9:00-10:00am	1/9-3/5	\$78 / \$96	393110.60
F	3:00-4:00pm	1/8-2/26	\$78 / \$96	393121.50

Express Session**4, 60 minute classes** no class 3/22

Tu	4:00-5:00pm	3/8-4/5	\$39 / \$48	393110.22
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Advanced Beginner 2.0-2.5 Age 9-11**8, 60 minute classes** no class 1/30

Tu	5:00-6:00pm	1/5-2/23	\$78 / \$96	393210.20
Sa	10:00-11:00am	1/9-3/5	\$78 / \$96	393210.60

Express Session**4, 60 minute classes** no class 3/22

Tu	5:00-6:00pm	3/8-4/5	\$39 / \$48	393210.21
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Advanced Beginner 2.0-2.5 Age 9-15**8, 60 minute classes** no class 1/18

M	5:00-6:00pm	1/4-2/29	\$78 / \$96	393220.10
F	3:00-4:00pm	1/8-2/26	\$78 / \$96	393121.51

Express Session**4, 60 minute classes** no class 3/21

M	5:00-6:00pm	3/7-4/11	\$39 / \$48	393220.11
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Advanced Beginner 2.0-2.5 Age 12-15**8, 60 minute classes** no class 1/30

Sa	11:00am-12:00pm	1/9-3/5	\$78 / \$96	393320.60
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Intermediate 3.0-3.5 Age 9-15

Must pass tryout to register. Please call 703-435-6800 ext. 2114 to schedule a tryout. All students who were enrolled in the indoor class (not outdoors) from last season or prior seasons may enroll without a tryout.

8, 60 minute classes no class 1/30

W	5:00-6:00pm	1/6-2/24	\$78 / \$96	393520.30
F	4:00-5:00pm	1/8-3/4	\$78 / \$96	393520.50
Sa	12:00-1:00pm	1/9-3/5	\$78 / \$96	393520.60

Express Session**4, 60 minute classes**

W	5:00-6:00pm	3/9-4/6	\$39 / \$48	393520.31
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Advanced 4.0 Age 9-15

Must pass tryout to register. Please call 703-435-6800 ext. 2114 to schedule a tryout. All students who were enrolled in the indoor class (not outdoors) from last season may enroll without a tryout.

8, 60 minute classes no class 1/30

Sa	1:00-2:00pm	1/9-3/5	\$78 / \$96	393620.60
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High School Age 14-17

For students already on or about to try out for their high school team. Must be comfortable in competitive tournament play.

8, 60 minute classes no class 1/18

M	3:30-4:30pm	1/4-2/29	\$78 / \$96	393621.10
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INDOOR TENNIS

Be Quick

For more information regarding the Early Bird Tennis Program, please contact the Indoor Tennis Manager at 703-435-6800 x2110

» Junior Team Tennis Age 6-14

Please contact indoor tennis manager at 703-435-6800 x2110 for more information and to ensure enrollment in appropriate competition level. USTA individual membership not included.

14, 90 minute classes

8 & under Team

Sa	6:00-7:30pm	1/9-4/9	\$140 / \$180	393141.60
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10 & under Team

Sa	6:00-7:30pm	1/9-4/9	\$140 / \$180	393141.61
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14 & under Team

Sa	6:00-7:30pm	1/9-4/9	\$140 / \$180	393141.62
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» Adult

Please refer to **NTRP Ratings** on page 21 for guidelines in selecting a class.

Beginner 1.0 Age 16 & up

8, 60 minute classes no class 1/18

M	9:00-10:00am	1/4-2/29	\$90 / \$120	394030.10
Sa	9:00-10:00am	1/9-3/5	\$90 / \$120	394030.60

Express Session

4, 60 minute classes

M	9:00-10:00am	3/7-4/11	\$45 / \$60	394030.11
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Advanced Beginner 2.0-2.5 Age 16 & up

Please consult with an instructor prior to registering if you have not previously enrolled in this level of play.

8, 60 minute classes no class 1/30

F	9:00-10:00am	1/8-3/4	\$90 / \$120	394140.50
Sa	10:00-11:00am	1/9-3/5	\$90 / \$120	394140.60

Intermediate 3.0-3.5 Age 16 & up

Please consult with instructor prior to registering if you have not previously enrolled in this level of play.

8, 60 minute classes no class 1/30

Sa	11:00am-12:00pm	1/9-3/5	\$90 / \$120	394230.60
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Advanced 4.0 Age 16 & up

Please consult with instructor prior to registering if you have not previously enrolled in this level of play.

8, 60 minute classes no class 1/30

Sa	12:00-1:00pm	1/9-3/5	\$90 / \$120	394330.60
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Early Bird Tennis Age 18 & up

70, 2.5 hour classes

M-F	6:30-9:00am	1/4-4/8	\$245 / \$245	290130.12
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NEW!

» Adult Senior

Advanced Beginner 2.0-2.5 Age 55 & up

4, 60 minute classes no class 3/25

F	3:00-4:00pm	3/4-4/1	\$45 / \$60	394440.50
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Intermediate 3.0-3.5 Age 55 & up

4, 60 minute classes no class 3/25

F	3:00-4:00pm	3/4-4/1	\$45 / \$60	394440.51
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» Doubles

Cost includes new balls every session.

Seniors Age 55 & up

13, 90 minute classes

M	12:00pm-1:30pm	1/4-3/28	\$117 / \$143	395040.10
Th	12:00pm-1:30pm	1/7-3/31	\$117 / \$143	395040.40

Women's Age 18 & up

13, 2 hour classes no class 3/23

W	9:00-11:00am	1/6-3/30	\$195 / \$240	290030.34
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Men's Age 18 & up

14, 2 hour classes

Tu	8:30-10:30pm	1/5-4/5	\$235 / \$280	293030.22
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NEW!

Mixed 3.5 & Up Age 18 & up

11, 90 minute classes

Sa	9:00-10:30pm	1/3-3/19	\$165 / \$205	395030.11
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» Youth Singles Tournaments Age 12-19

Round Robin format, followed by single elimination in semis and finals. **Must register five days before the tournament starts.**

Age 12-15

Boys

Sa-M	8:30am-1:30pm	12/26-12/28	\$50 / \$50	299250.41
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Girls

Sa-M	1:30-6:00pm	12/26-12/28	\$50 / \$50	299250.44
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Age 15-19 (For competitive High School players)

Boys

Tu-Th, Sa	8:30am-1:30pm	12/29-12/31, 1/2	\$60 / \$60	299250.42
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Girls

Tu-Th, Sa	1:30-6:00pm	12/29-12/31, 1/2	\$60 / \$60	299250.43
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MARCH MADNESS ADVANCED 3.5

Age 9 & up

Taught by Pro Rick Johnson.

4, 60 minute classes

no class 3/22

Age 9-15

F	5:00-6:00pm	3/4-4/1	\$75 / \$92	394430.50
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Age 16 & up

Tu	5:00-6:00pm	3/1-3/29	\$75 / \$92	394430.20
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Tennis Bubble Hours:

M - F: 6:30am-10:30pm; Sa & Su: 8:00am-10:30pm

Open through Sunday, April 17, 2016

Bubble front desk: 703-435-6800 x2114

Court cost is per hour	CONTRACT TIME	RANDOM TIME*
<i>Prime Time (after 5pm, Mon-Fri; Sat & Sun all day):</i>		
Adult TOH Resident	\$25	\$28
Adult Non-Resident	\$33	\$36
<i>Non-Prime Time (before 5pm weekdays):</i>		
Adult TOH Resident	\$22	\$23
Adult Non-Resident	\$29	\$30
Youth/Senior TOH	\$19	\$20
Youth/Senior Non-Resident	\$23	\$24
Youth = 17 and under Senior = 65 and older *Reservations for random time may be made seven days in advance. ID required for Town of Herndon Resident rates. 703-435-6800 x2114		

Additional Fee Information

The TOH rate is applicable only when there is an active resident player for each court rented. Multi-court rentals during the same day and time period must have a different resident player for each court.

Cancellation Policy for Random Time:

- A) Before 48 hours of scheduled time of play-NO CHARGE
- B) 48 to 24 hours from scheduled time of play-\$5 PER RESERVED HOUR
- C) Within 24 hours from scheduled time of play-FULL COURT FEE.
- D) All no shows will be financially responsible for FULL COURT FEE.

Happy Feet Soccer Age 2-5

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

8, 30 minute classes**Age 2-3**

Sa	9:20-9:50am	1/2-2/20	\$48 / \$64	373000.52
Sa	9:55-10:25am	1/2-2/20	\$48 / \$64	373000.53
Sa	10:30-11:00am	1/2-2/20	\$48 / \$64	373000.54

Age 4-5

Sa	11:10-11:40am	1/2-2/20	\$48 / \$64	373000.55
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Nova Legends Soccer Age 6-12

Want to improve your dribbling and scoring goals? Classes focus on the development of a child's individual skills. Focus is on improving each child's self-concept, bravery, leadership and character for life. Players are challenged to try some of the most difficult deceptive dribbling techniques in small spaces to improve quickness, agility and decision-making. Coaches are licensed and trained in the very specific Legends Training methodology. Classes are held indoors; appropriate footwear is required.

8, 45 minute classes

Sa	11:45am-12:30pm	1/2-2/20	\$70 / \$94	373110.50
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Sports and Games Age 4-5

Fundamentals of team sports including soccer, basketball, hockey and volleyball are introduced in a safe, fun environment. Sportsmanship, teamwork, sharing and consideration for others will be stressed. Instruction provided by All Kids Sports & Games LLC.

8, 60 minute classes

Th	12:00-1:00pm	1/14-3/3	\$79 / \$103	374000.20
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Golf for Kids Age 4-11

Learn the basics; putting, chipping and driving with modified equipment designed for kids. The equipment's velcro construction allows for indoor play and immediate success for children of all ages. For more information visit www.snaggolf.com

8, 45 minute classes**Age 4-7**

Su	1:30-2:15pm	1/3-2/21	\$48 / \$64	375010.10
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Age 7-11

Su	2:15-3:00pm	1/3-2/21	\$48 / \$64	375010.11
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Basketball Age 8-12

The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.

8, 60 minute classes

F	6:30-7:30pm	1/8-2/26	\$75 / \$100	376010.60
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NEW!

Fit, Play, Learn Age 6-14

This daytime class is a comprehensive and fun physical education program. Children will receive high levels of personalized attention by our instructors in a variety of fundamental sports skills. Benefits of the program include: fitness skills training, team building and social skills, muscular conditioning, aerobic endurance, improved confidence, basic nutrition, and Presidential fitness training, testing and awards.

8, 60 minute classes

W	1:30-2:30pm	1/6-2/24	\$52 / \$65	374010.30
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ADULT BASKETBALL LEAGUE

OR

Age 18 & up

Join the Herndon Adult Basketball League. Games played on Sundays beginning the week of January 17th. Regular season consists of 8-10 games plus playoffs. Must be 18 years of age or older by the first game. Deposit of \$100 due by Tuesday, December 29th. Contact for team registration and payment is tim.lander@herndon-va.gov or 703-435-6800ex 2106.

January 17-May 15 Sundays 3-9pm
\$750 376030.40

ARTS & CRAFTS SHOW

37th Herndon Holiday

at the
Herndon
Community Center

SUNDAY DECEMBER 6

10^{AM} to 4^{PM}

FREE ADMISSION
and PARKING

Over 80 vendors. Unique gifts, holiday decorations and homemade items.

A Storybook Holiday



Saturday, December 12
11:00am-1:00pm

11:00am Crafts & Kiddie Open Gym

11:30am Story Teller

11:45am-1:00pm Visit with Santa

Come with your child to enjoy some holiday fun. Cost includes kiddie open gym, craft projects, a visit with Santa and a reading of a holiday story by a special guest.

250200.60 Ages 3 & up

Pirate Party!

AGE 4-6

Sunday, January 24,
12:30-3:00pm

We are hosting a party, but it's no one's birthday - it's just a party for kids because parties are fun! This party is centered around a pirate theme and Jake and the Neverland Pirates books. We will have a snack, make a craft, play games, read a book and have all sorts of pirate fun! No need for parents to wait, this is a drop-off event.



348001.00

CHRISTMAS WITH THE TOWNE SQUARE SINGERS

Get into the holiday spirit with the **Towne Square Singers** as they usher in the season with holiday music both old and new!

performances

Friday, December 11
7:30-9:00pm

Saturday, December 12
2:00-3:30pm

at NextStop Theatre

269 Sunset Park Drive, Herndon. VA

Tickets available at the Herndon Community Center or by calling 703-787-7300.

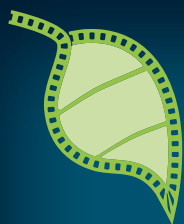
Admission is

\$10

Father Daughter Dance

Saturday, February 6
6:30-9:00pm

See page 32



Environmental FILM SERIES

FREE ALL AGES

The FREE film series is a cooperative program with the Herndon Environmental Network and Herndon Parks and Recreation Department. Registration is highly encouraged, as space is limited.

SUNDAYS
2-4PM

JAN. 24
JUST EAT

A 74-minute documentary film about food waste and food rescue. Join the nationwide effort to reduce waste in half by 2030!

367050.00

FEB. 21
THE
WISDOM TO
SURVIVE

This film explores how unlimited growth is destroying the life support system of the planet, the social fabric of society, and the lives of billions of people.

367050.01

THESE FILMS ARE TO ENCOURAGE COMMUNITY DIALOGUE AND MAY NOT REPRESENT THE VIEWS OF THE TOWN OF HERNDON.



\$2 PER PERSON
252000.50

Family Passport to Fun!

All Ages

Friday, February 26 6:30-9:00pm

Come experience activities that will let your child know that he or she is **"Capable of Success, No Exception."** Parents will be encouraged to become Treasure Hunters and seek the hidden talents, strengths, and abilities of their children and others around them. This event is designed for children to share the fun with a significant adult in their life. Therefore, children attending must be accompanied by a caring adult. **Bring a float and your bathing suit to play in the pool.** Presented by Kids at Hope Herndon and Herndon Parks and Recreation Department. Refreshments will be served.

Children's Performing Arts Series

AGE 1-5

\$4

mondays
11:00-11:45am

AT THE HERNDON
COMMUNITY CENTER



348000.11

ROCKNOCEROS
January 18

Herndon's favorite kid-friendly power trio. Join Coach Cotton, Williebob and Boogie Woogie Bennie, who make wildly popular award-winning music for the whole family. Join us as they sing about all things under the sun such as Popcorn, Animals, Lucky Lindy, Pirate Harvey, Trains, Dandelion Wishes and many colors and states!

348000.12

JESTER'S BOX
PUPPET SHOW
February 15



Blue Sky Puppet Theater's most charming and unusual show. The story features a king who never found anything funny enough to laugh about and the jester who sets out to make him laugh. This 35-minute presentation is a Bunraku-style show on a custom-built table with the performer visible.

ICE
BREAKER
5K
2016

AGES
4&UP

SUNDAY
MARCH
13

SEE
PAGE
32
FOR
MORE
INFO.

Pottery

Kidz on Wheelz Age 10-13

Explore your creativity while learning handbuilding clay techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run. Fee includes all materials.

6, 90 minute classes

Th	6:30-8:00pm	1/7-2/11	\$90 / \$120	310110.41
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Beginning Wheel Age 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Use of tools and 25 lbs. of clay included; additional clay may be purchased.

8, 2.5 hour classes

M	6:30-9:00pm	1/4-2/22	\$141 / \$188	310150.11
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Intermediate Wheel Age 16 & up

Intermediate Wheel is open to students who have some previous pottery wheel experience and are looking to build on their current skills. Class will focus on perfecting basic techniques of throwing, using tools and glazing techniques. Includes 25 lbs. of clay, glazes and kiln use. Additional clay may be purchased as needed. Completion of beginner wheel or equal experience required.

8, 2.5 hour classes

Tu	6:30-9:00pm	1/5-2/23	\$141 / \$188	310160.21
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NEW!

Learn to Crochet Age 10-16

Can't find a scarf you really like? Why settle for a store-bought scarf when you can make it yourself? In this class you'll learn the basics of choosing the right yarn and tools, and mastering the basic stitches to create your masterpiece. Practice yarn and hooks will be provided for class use; participants are encouraged to select and purchase their own supplies to make their scarf.

3, 90 minute classes

Th	6:00-7:30pm	1/7-1/21	\$40/\$40	310231.41
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Art in Hand Age 18 months-5 years

Warm up with some cool art in this parent/child class designed for the youngest artist! Each week, an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction inspired by the colors of the season. A developmental approach will stimulate the senses, spark imagination, support emerging language as well as socialization with other children. You and your child can be creative, have fun and make the mess away from home!

6, 45 minute classes

No class 2/12

Age 18 months-3 years

F	10:15-11:00am	1/8-2/19	\$81 / \$108	310400.51
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Age 3-5 years

F	11:15am-12:00pm	1/8-2/19	\$81 / \$108	310400.50
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Take Better Pictures Age 18 & up

Take better pictures with whatever camera you have. While emphasis is on digital single lens reflex cameras (DSLR), the majority of subject matter applies to photography with any camera, including smart phones and point and shoot cameras. Topics covered include: qualities of light, composition, creative use of camera controls and flash. Learn how to optimize your photographs and archive them for storage and display.

8, 90 minute classes

Th	7:00-8:30pm	1/7-2/25	\$71 / \$94	360130.41
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NEW!

Crafts for Kids Age 8-12

Bring out your child's creative side with these fun winter-themed crafts. Your child will be able to make one or more crafts each class. Participants will make amazing crafts from snowmen, decorated snowflakes, birdhouses, to valentines and other holiday themed crafts. All supplies included.

6, 90 minute classes

W	6:00-7:30pm	1/13-2/17	\$60/\$75	310401.31
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CAMPS

OR

Storybook Dance Camp Age 4-6

This three-day mini dance camp will mirror our popular summer camps. The story will be Disney's *Frozen* and the crafts will be wintery with the final dance choreographed to the smash hit, "Let It Go". There will be a dance party for family and friends on the last day of camp. What a fun way to spend the holidays! Bring ballet slippers, leotard, tights, a packed lunch and snack. **We are a NUT-FREE program, no peanut/nut products.**

3, 5 hour classes

M-W	9:00am-2:00pm	12/21-12/23	\$81 / \$108	280000.11
M-W	9:00am-2:00pm	12/28-12/30	\$81 / \$108	280000.12

OR

School's Out! Age 6-11

Excitement and adventure await! Sign-up today for our camp during winter break. Campers will have the opportunity to participate in large group-games, swimming, cooperative games, and arts & crafts! Bring your swimsuit, towel, packed lunch & snack, drink and sneakers. **We are a NUT-FREE program, no peanut/nut products.**

3, 10.5 hour classes

M-W	7:30am-6:00pm	12/21-12/23	\$74 / \$99	280100.11
M-W	7:30am-6:00pm	12/28-12/30	\$74 / \$99	280100.12



Gymnastics Winter Break Camps

Age 6-14 Turn to page 18

Kid's Cooking Class Age 6-12

Give the adults at home a break and make dinner. Assemble a delicious spaghetti pie and cheesy garlic toast to take and bake at home to share with the family.

1, 60 minute class

Th	4:30-5:30pm	2/4	\$20 / \$20	360150.41
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Adult Cooking Age 18 & up

Learn to make salmon with roasted veggies, panko crusted tilapia and seared ginger-garlic tuna.

1, 90 minute class

Tu	10:30am-12:00pm	2/23	\$30 / \$30	360030.21
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Adult/Child Cooking Age 6-14

The easiest way to get dinner on the table is for family members to cook together. We'll make mini chicken burgers with herbs, noodles Alfredo with broccoli and fruit salad.

1, 90 minute class

F	6:00-7:30pm	1/8	\$35 / \$35	360050.51
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Early Childhood Music Age 3-5

Music education for your preschooler! Dynamic musical and movement-based activities, exposure to live instruments and musically inspired story-time, budding young musicians gradually develop the skills needed to read music, play simple rhythms and develop fine motor control. We will focus on foundational musical concepts such as fast and slow, sound and silence, high and low and even singing and playing major scales. With our special take-home activity materials, their musical adventures will last all week long!

4, 45 minute classes

Th	11:00-11:45am	1/14- 2/4	\$67/\$89	368000.41
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CPR & First Aid Age 14 & up

American Heart Association CPR/AED and First Aid certification. Class includes CPR/AED for adults, children and infants and basic First Aid. Great class for teachers, personal trainers, scout leaders or anyone who needs CPR for work. Certification is valid for two years.

1, 6 hour class

Su	12:00pm-6:00pm	1/10	\$95 / \$95	360151.71
Su	12:00pm-6:00pm	2/21	\$95 / \$95	360151.72


Kid's Night Out Age 5-10

Take the night off while your child has some fun with their friends at our themed Kid's Night Out. Children will enjoy a pizza dinner, watch a movie, and participate in games and other activities all incorporating that night's theme! This is not a drop-in program. Participants must be registered by 4pm on the day of the event.

1, 3.5 hour class


F	6:30-10:00pm	1/15	\$20 / \$20	360010.50
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F	6:30-10:00pm	2/12	\$20 / \$20	360010.51
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Inclement Weather Policy

Please call the Parks and Recreation Inclement Weather Line for program/class cancellations at 703-435-6866. All classes and programs starting before 3:00pm are cancelled when Fairfax County schools close for the day due to inclement weather. For classes starting at 3:00pm or later, a decision will be made by 1:00pm that day. When Fairfax County schools have a delayed opening, classes will be held as scheduled. On weekends, or if you have questions about classes being held, call the weather line.



CAMPS Galore!

Herndon Parks and Recreation Department has SPRING BREAK and SUMMER CAMPS to excite, educate, and entertain your children.

Spring Break camp information will be available in our *Spring Program and Events Guide available February 1*. The *Summer Camp Brochure* will be available **February 23**.



Herndon Parks

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Ave., adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball and 60/70' baseball fields, outdoor lighted basketball, six lighted tennis courts, three indoor tennis courts September-April, soccer field and a playground. Sports fields are available for scheduled leagues. *Shelter is available for reservation.*

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a playground, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a 90' baseball field and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located at 1501 Herndon Parkway. The park includes a baseball/T-ball field, walking areas, multipurpose courts for sand volleyball and basketball, and a mini basketball court to accommodate younger children, as well as playground for ages 5-12, and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball courts, a new playground for ages 5-12, and a tot lot. Indoor bathrooms.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a playground, park benches and an open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters and a paved accessible trail.

Shelters are available for reservation.

Spring Street Park

Located at the corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a playground, an open play area, and a bocce court. *Shelter is available for reservation.*

FIND A PARK NEAR YOU



97.3% of Town of Herndon residents surveyed were satisfied with the condition of town parks.

GET INVOLVED!

There are additional ways to get involved:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

For more information call 703-435-6800 x2111.

Do you have questions or concerns regarding Trees? The Town Forester is available to help. Call 703-435-6800 x2014.

Picnic Shelter Rentals

- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

PARK	COST	GUEST LIMIT
Bready	\$110 TOH / \$160 NR	140
Trailside	\$60 TOH / \$85 NR	70
Runnymede	\$50 TOH / \$75 NR	70

Trailside & Runnymede Parks have a \$20 nonrefundable deposit and Bready Park has a \$35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter.

Herndon Community Center Admission and Passes

TOH = Town of Herndon resident rate
requires ID with address for every transaction
NR = Non-resident rate

All admissions and passes are nonrefundable.

Daily	TOH/NR
Adults.....	\$6.50/\$7.50
Seniors.....	\$5.25/\$6.25
Youth.....	\$5.25/\$5.50
Family.....	\$18/\$22.50

(Up to 5 family members, 2 adults maximum)

10-Admission Pass	TOH/NR
Adults.....	\$58/\$69
Youth/Senior.....	\$46/\$52

25-Admission Pass	TOH/NR
Adults.....	\$130/\$160
Seniors.....	\$98.50/\$140.50
Youth.....	\$96.25/\$103.25

Monthly 30-Day Pass	TOH/NR
Adult.....	\$52.50/\$70.25
Adult 2-Person*.....	\$82/\$109.25
Youth Single.....	\$47.25/\$50
Senior Single.....	\$36.75/\$62
Senior 2-Person*.....	\$57.50/\$96.25
Senior 2-Person* Sr/Non Sr.....	\$70/\$100
Dependent Youth**.....	\$13.50/\$18

6-Month Pass ⁽¹⁾	TOH/NR
Adult.....	\$261.75/\$349
Adult 2-Person*.....	\$411/\$548
Youth Single.....	\$215/\$307
Senior Single.....	\$215/\$307
Senior 2-Person*.....	\$338/\$481.50
Senior 2-Person* Sr/Non Sr.....	\$350.25/\$500.50
Dependent Youth**.....	\$65/\$86.50

Annual Pass ^(1,2)	TOH/NR
Adult.....	\$470.25/\$627
Adult 2-Person*.....	\$739/\$985.25
Youth Single.....	\$329.25/\$551.75
Senior Single.....	\$329.25/\$551.75
Senior 2-Person*.....	\$517.25/\$866.75
Senior 2-Person* Sr/Non Sr.....	\$630/\$900
Dependent Youth**.....	\$116.75/\$155.75

* Both adults must reside in the same household and have ID to purchase a 2-person pass.

** Dependent pass must be purchased with adult pass.

1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.

2 Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).

Pass and Daily Admission Fee Includes

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to Drop-In regularly scheduled fitness classes (see Drop-In Fitness schedule)

Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer. See Fitness Staff for details.

Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to the one free training session.

Age Categories:

Youth:	17 & under
Adult:	18 & older
Seniors:	65 & older
Children:	Admitted free under age 2 with a paying adult

Pool Use:

Children 6 & under: an adult must accompany child in the water
Children 8 & under: must be accompanied by an adult

Gymnasium Use:

Youth: must be 12 & older
Youth Open Gym: weekends only age 8-11 must be accompanied by a paying adult

Fitness Room Use:

Age 12 & 13: must be accompanied by an adult and earn Youth Fitness ID
Age 14 & 15: must earn Youth Fitness ID to use fitness room

Locker Room Use:

Children 5 & under: permitted in locker room of opposite sex
Family Locker Rooms: for parents with children over the age of 5, located in guard office

Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

Prime Time Hours:	Monday-Friday, 4-10pm, Saturday & Sunday, 7am-2pm
Prime Time:	\$4 per hour + admission fee per player \$3.50 per session wallyball
Non-Prime Time:	\$2 per hour + admission fee per player \$2 per session wallyball

Town of Herndon Town Council

Lisa C. Merkel, Mayor
Jennifer Baker, Vice Mayor
David A. Kirby, Councilmember
Steven Lee Mitchell, Councilmember
Sheila A. Olem, Councilmember
Jasbinder Singh, Councilmember
Grace Han Wolf, Councilmember
Arthur A. Anselene, Town Manager

Parks & Recreation Department Staff

Cindy S. Roeder, Director
Cynthia Hoftiezer, Deputy Director
Nancy Burke, Administrative Assistant
Lori Rowland, Office Assistant
Maddie Mogin, Systems Technician
Vacant, Recreation Program Coordinator
Abby Kimble, Marketing Specialist
Kerstin Severin, Aquatic Services Manager
Vacant, Pool Operations Manager
Bruce Andersen, HAC Head Coach
Kevin Breza, Aquatics Program Assistant
Ron Tillman, Community Center Manager
John Walsh,
Assistant Community Center Manager
Suzanna Swalboski,
Indoor Tennis Manager
Julie Foechterle, Preschool Director
Karen Tsitos,
Head Personal Trainer

Recreation Supervisors

Kimmie Alcorn,
Special Interest, Arts & Crafts
Jane Grannis, Fitness
Tim Lander, Sports & Community Events
Holly Popple,
Performing Arts & Community Events
Thomas Schoenauer,
Wellness, Sports & Community Events

Department Sponsors

A special thanks to the following companies for supporting our department programs and events:

PLATINUM:



SILVER:

Passanante's
Home Food
Services

BRONZE:

Gutter Helmet
Systems

If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at 703-435-6800 x2104.

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our five convenient registration methods will begin for TOH residents at 10am on Wednesday, December 2. Open registration for Non-TOH residents will begin at 10am on Tuesday, December 8.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 29 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the Town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the Town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the Town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, call **703-787-7300** or go to: herndon-va.gov, and click on **Parks and Recreation** on the left side of the page, click on **About Parks and Recreation**, then click on **Frequently Asked Questions**.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on December 8.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the midpoint of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call **703-787-7300** at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10am on December 2 for TOH residents, and 10am on December 8 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at herndon-va.gov. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon **NOR** is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, December 2 for TOH residents; and 10am, December 8 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
6. **NOTICE:** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/ program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.
3. All refunds are made by credit card or town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.
7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.

Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, December 2 at 10am.**
Registration for Non-Town of Herndon Residents begins on **Tuesday, December 8 at 10am.**

PHONE: 703-787-7300
FAX: 703-318-8652

99.4% of Town of Herndon residents surveyed were satisfied with customer service at the Herndon Community Center.

Sign Up Now!

Use one form per household.

Complete this form and be sure to note your first, second, and third choices.

TOH = people who live in the Town of Herndon limits

NR = people living outside the Town of Herndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation Scholarship Fund **NR**. All scholarship funds are used to enable those who are unable to participate in programs or camps.



Herndon Parks and Recreation Registration Form - Winter 2016

ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ EMAIL _____

PHONE: HOME _____ CELL _____ WORK _____

Participant Name	Birth Date	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M/F	000000.00	Level 4	\$68	000000.01	000000.02
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.
MAKE CHECK PAYABLE TO: TOWN OF HERNDON
All returned checks are subject to a \$50 fee



MAIL TO:
Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed up to 5 days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: _____

OFFICE USE ONLY - Processed by: _____

Payment Method C CK CC LC

AP# _____ **Date Paid** _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____ **EXP. DATE** _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and re-turning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



Town of Herndon
Parks and Recreation
PO Box 427
Herndon, VA 20172-0427
herndon-va.gov
703-787-7300



join our newsletter...
parksandrec@herndon-va.gov



Herndon Parks and Recreation Department
Herndon Community Center

@herndonparks



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ECRWSS Residential Customer

**ICE
BREAKER
5K** 2016

SUNDAY
MARCH
13

RACE STARTS
AT 8AM

PRE-REGISTRATION IS
\$20 PER RUNNER AND
\$25 ON RACE DAY.

JOIN US FOR
THE 2ND ANNUAL
ICE BREAKER
FAMILY FUN RUN 5K

Let's put winter behind us
and get active outside
and prepare for the spring.

The course will take you through a
scenic section of Herndon around
the Herndon Parkway and Sugarland
Run Trail. Sport Tek T-shirts
guaranteed to the first 800
registered runners.

357150.00

AGES
4 & UP

Father Daughter Dance

Saturday, February 6
6:30-9:00pm

Ages 3-12
A moment fathers and daughters
will always treasure!

This is a semi-formal dance held at the
Herndon Community Center.
Appetizers & drinks will be available.
Every couple takes home a keepsake photo.
Girls may be accompanied by an uncle,
grandfather, or a male guardian.

\$50 per couple
\$25 each additional daughter

350000.00

Children's Performing Arts Series

AT THE HERNDON COMMUNITY CENTER

Monday
Jan. 18 & Feb. 15
11:00-11:45am

Turn to
page 25
for more
information!

**ARTS &
CRAFTS
SHOW**

37th Herndon Holiday

at the
Herndon
Community Center

**SUNDAY
DECEMBER 6**

10^{AM} to 4^{PM}

**FREE ADMISSION
and PARKING**

Over 80 vendors. Unique
gifts, holiday decorations
and homemade items.